

Liberty Silver Senior Center
1600 S. Withers Road
Liberty, Mo 64068
816-439-4368

February 2016

Liberty Senior Services Webpage
www.ci.liberty.mo.us/seniorservices

Daily Activities

Monday

- *Silver Sneakers Pilates 8:30 a.m.
- *Bingo 9:30 a.m.
- *Silver Stitchers 9:30 a.m.
- *Silver Sneakers Yoga 9:45 a.m.
- *Ahoy Exercise 9:45 a.m.
- *Silver Sneakers Water Aerobics 6 p.m.

Tuesday

- *Canasta 9:30 a.m.
- *Silver Sneakers Classic 10:15 a.m.

Wednesday

- *Silver Sneakers Pilates 8:30 a.m.
- *Pinochle 9:00 a.m.
- *Silver Stitchers 9:30 a.m.
- *Silver Sneakers Yoga 9:45 a.m.
- *Ahoy Exercise 9:45 a.m.
- *Silver Sneakers Water Aerobics 6 p.m.

Thursday

- *Canasta 9:30 a.m.
- *Bridge 9:30 a.m.
- *Silver Sneakers Classic 10:15 a.m.

Friday

- *Silver Sneakers Pilates 8:30 a.m.
- *Bingo 9:30 a.m.
- *Silver Stitchers 9:30 a.m.
- *Silver Sneakers Yoga 9:45 a.m.
- *Ahoy Exercise 9:45 a.m.
- *Silver Sneakers Water Aerobics 6 p.m.

MON	TUE	WED	THU	FRI
1	2 Bible Study (12:30-2:30pm)	3	4	5 Grief Support (12:30-2pm)
8	9	10	11	12 Valentines Day Potluck
15 CLOSED	16 Bible Study (12:30-2:30pm)	17 Wellness Wednesday Blood Pressure Monitoring	18	19 February Birthday Party (No Bingo) Grief Support (12:30-2pm)
22	23	24 Leisure Lunchers Qdoba at 11:15	25	26
29 Council Meeting 10:30 AM				